

Cannabis and Supplements

Testosterone/Epitestosterone Ratios

Testosterone/Epitestosterone Ratios results may exceed what is acceptable by WADA standards. Elevated T/E Ratios can be triggered by **the use on non-prescribed supplementary substances**. Athletes can check their supplements by identifying its listed ingredients and check those ingredient's compliance or non-compliance using www.globaldro.com

WCHM members are cautioned that,

- Some products don't list all of the ingredients on the label.
- Some products have been adulterated with banned substances (that ARE NOT listed on the label) during the manufacturing or packaging process.
- Some products are made from low-grade ingredients obtained from unreliable sources.

All that to say, checking the ingredient list on a label still doesn't mean the athlete can be sure about what is actually in the product, and there is the risk of testing positive for a prohibited substance!

If a member finds supplement ingredients in the [Global DRO](#), the associated status applies only to pharmaceutical-grade ingredients that are included in Health Canada-approved medications. **The Global DRO does not contain information on, or that applies to, dietary supplements or natural health products.**

Precaution must be taken to avoid the use of health supplements before a thorough check of its effects on the member's own health as well as subsequent doping control.

More information about Supplements can be found here: [Supplements | Canadian Centre for Ethics in Sport](#)

And here: [Anti-Doping-Supplement-Checklist.pdf](#)

Cannabis

WCHM members must take every precaution to avoid the use of Cannabis and become familiar with the CCES warnings and cautions. All Masters weightlifters at the Canadian Masters Weightlifting Championships, though under doping control administered by DFSI, are expected to heed the warnings from the CCES. [Cannabis In Sport | Canadian Centre for Ethics in Sport](#) WADA Thresholds for THC are honoured by WCHM and results will be assessed using the WADA requirements for Intent.